



SOPAC – Wednesday 23rd of August from 4.00pm – 7.00pm

Notes on the 2017 School Relays:

How does it work:

-School Relays returns to the school athletics calendar for 2017. It brings together schools from all sectors to compete in relay events across all of the disciplines. Winners of each event will lay claim to the NSW School's Relay title. All place getting teams will receive a medal.

-There are 3 age groups U/15, U/17 and OPEN and each school can enter as many teams as you like in each event. However, individuals may not compete in the same event twice in any age group and athletes are restricted to only 2 track relays in any age group. Athletes may compete up age groups as long as they adhere to the 2 track events total rule.

-Medals will be awarded for teams finishing first, second and third in their age group.

What are the events:

-4 x 100, 4 x 400, Sprint Medley, Distance Medley, Jumps Relay, Throws Relay.

-The Sprint Medley (200m, 200m, 400m, 800m) is for the U/15 and U/17 age groups and the Distance Medley (1200, 800, 800, 400) is for the OPEN age group only.

-The Jumps Relay is 2 x Long Jump and 2 x High Jump

-The Throws Medley is 2 x Shot Put and 2 x Discus.

Integrity Rule:

New for 2017, ANSW will implement an Integrity Rule to govern the School Relays. The Integrity Rule is designed to improve the efficiency and smooth running of the carnival. The rule states:

-Team Managers will be permitted to make changes to their team as the carnival is in progress and will not need to inform Athletics NSW as long as they adhere to the following:

- 1) The replacing athlete is age eligible
- 2) The replacing athlete doesn't surpass the maximum number of events allowed
- 3) That every attempt has been made by the Team Manager to ensure the accuracy of the team sheet that was handed in at the team meeting

Teams may be disqualified for infringement of the Integrity Rule.



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-For both field event relays, the winner and placegetters of the relay shall be determined by a *sum of places*. The lowest combined score wins. For example:

School 1: 1st and 4th in the Discus and 5th and 7th in the Shot Put = 17

School 2: 2nd and 3rd in the Discus and 2nd and 4th in the Shot Put = 11

School 2 wins with the lowest combined score.

-In the unlikely event of a tie, both teams will receive the award

-There will be heats and finals for the 4 x 100m only.

-The 4 x 400, Sprint Medley and Distance Medley will be timed finals (if required).

Closing Date: Wednesday 16th of August



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U/15 Boys and Girls Teams

(14 or younger, as at 31/ 12/ 2017)

Implement weights are:

Boys – 4kg shot put, 1kg Discus

Girls – 3kg shot put, 1kg Discus

- Sprint Medley in running order is 200m, 200m, 400m, 800m (subject to change based on entry numbers. Team managers will be informed of any change to the running order on the day)

U/17 Boys and Girls Teams

(16 or younger as at 31/12/2017)

Implement weights are:

Boys – 5kg shot put, 1.5 kg discus

Girls – 3kg shot put, 1 kg discus

- Sprint Medley in running order is 200m, 200m, 400m, 800m (subject to change based on entry numbers. Team managers will be informed of any change to the running order on the day)

OPEN Boys and Girls Teams

Implement weights are:

Boys – 6kg shot put, 1.75 kg discus

Girls – 4kg shot put, 1 kg discus

- Distance Medley in running order is 1200m, 800m, 800m, 400m

schoolRELAYS



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CONTACT DETAILS	
SCHOOL NAME:	
SCHOOL CONTACT:	
SCHOOL ADDRESS:	
SUBURB:	
POSTCODE:	
EMAIL:	
PHONE:	
MOBILE:	
FAX:	

Please fill in the table below by writing how many teams per age group per event you wish to enter:

Girls Events	Number of Teams			Boys Events	Number of Teams		
	U/15	U/17	OPEN		U/15	U/17	OPEN
4 x 100	U/15	U/17	OPEN	4 x 100	U/15	U/17	OPEN
4 x 400	U/15	U/17	OPEN	4 x 400	U/15	U/17	OPEN
Sprint Medley	U/15	U/17	No Event	Sprint Medley	U/15	U/17	No Event
Distance Medley	OPEN			Distance Medley	OPEN		
Jumps Relay	U/15	U/17	OPEN	Jumps Relay	U/15	U/17	OPEN
Throws Relay	U/15	U/17	OPEN	Throws Relay	U/15	U/17	OPEN
Total Team Number				@ \$20/team =			

THE COST IS \$20.00 PER TEAM (inclusive of GST) capped at \$240 per school total

Athletics NSW Privacy Policy makes the following statement:

- 1) The individual is able to gain access to the personal information collected
- 2) Athletics NSW is collecting the personal information above for the purpose of competition entries, insurance cover and distribution of other relevant information of other services offered
- 3) Athletics NSW may disclose information to Athletics Australia, The NSW Institute of Sport and it's insurers
- 4) If personal information is not provided, Athletics NSW may not be able to properly service the individuals membership or effect the appropriate insurance

Please complete and return this form with payment or tick the box below to request an invoice.

All monies are to be made payable to Athletics NSW.

Invoice required:

Athletics NSW
 PO BOX 595
 SYDNEY MARKETS NSW 2129
 PHONE: 9746 1122 FAX: 9746 1168
 ABN: 11 330 775 869



schoolRELAYS



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School - TEAM LIST

This form **MUST BE** brought to the team managers meeting prior to the start of the event.

School: _____

Age Group: U/15 or U/17
MALE/FEMALE

Event:	Name:	D.O.B
4 x 100M:	1. 2.. 3. 4.	
4 x 400M	1. 2. 3. 4.	
Sprint Medley 200 200 400 800	1. 2. 3. 4.	
Throws Relay Shot Shot Discus Discus	1. 2. 3. 4.	
Jumps Relay LJ LJ HJ HJ	1. 2. 3. 4.	



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School - TEAM LIST

This form **MUST BE** brought to the team managers meeting prior to the start of the event.

School: _____

Age Group: OPEN
MALE/FEMALE

Event:	Name:	D.O.B
4 x 100M:	1.	
	2..	
	3.	
	4.	
4 x 400M	1.	
	2.	
	3.	
	4.	
Distance Medley 1200 800 800 400	1.	
	2.	
	3.	
	4.	
Throws Relay Shot Shot Discus Discus	1.	
	2.	
	3.	
	4.	
Jumps Relay LJ LJ HJ HJ	1.	
	2.	
	3.	
	4.	